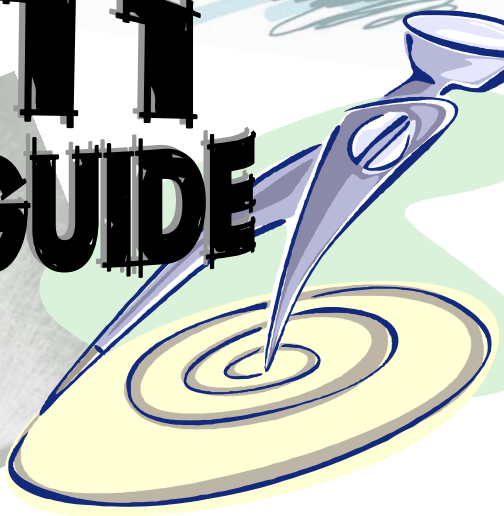


MOUNTAIN VIEW SENIOR CENTER

266 ESCUELA AVE, MOUNTAIN VIEW CA 94040 • 650-903-6330



WINTER/SPRING 2011 CLASS GUIDE



Holidays:

January 17, February 21,
May 30

The Senior Center will be
closed, and no classes will
be held on these dates.

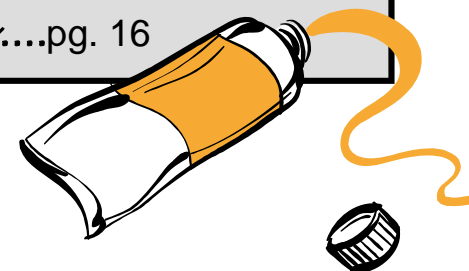
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MV-LA - Three options for registration:

1. Visit Mountain View Los Altos Adult Education (MV-LA) at 333 Moffett Blvd, additional class description information is available through MV-LA.
2. Call (650) 940-1333 with your credit card available.
3. Visit their website to register for this class at www.mvlaae.net.

DEANZA - Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information, you can call (408) 864-5300.

VOLUNTEER - These classes are free and there is no need to register. Please just attend.

IN CLASS - Register for class with instructor.

ARTS AND CRAFTS CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CALLIGRAPHY: THE LEGEND ALPHABET - A lettering style designed with exotic flourishes which are especially effective in a block of text. We will cover both capital letters and the miniscules during this class, which welcomes the beginner through the advanced calligrapher. Lab fee of \$5 due at first class covers unusual papers. No class 4/15.	MV-LA	F	3/25-5/27	9AM-12PM	\$92/\$112 +\$5 Materials Fee	ARTS + CRAFTS ROOM	S. FRANK
CERAMICS: BASIC / INTERMEDIATE TECHNIQUES - Have fun learning various techniques of clay work such as pinch pot, slip and score, slab, coil, as well as throwing on the wheel and glazing. Students of various abilities will work on their own projects with teacher assistance. At the end of the quarter, they will have completed pieces to take home. Materials furnished for small fee. No class 4/13.	MV-LA	W	Session 1: 1/12-3/16	1-4PM	\$56/\$76 + Materials Fee	ARTS + CRAFTS ROOM	C. MACPHERSON
	MV-LA	W	Session 2: 3/30-6/8	1-4PM	\$56/\$76 + Materials Fee	ARTS + CRAFTS ROOM	C. MACPHERSON
CERAMICS: EARTH, GLAZE, and FIRE - Throwin' down the clay for beginning and intermediate students. Learn various techniques in claywork and glazing. By the end of the session, you will have completed work to take home. Materials furnished for small fee. No class 4/14.	MV-LA	TH	Session 1: 1/6-3/17	9AM-12PM	\$71/\$91 + Materials Fee	ARTS + CRAFTS ROOM	S. WORLEY
	MV-LA	TH	Session 2: 3/24-6/2	9AM-12PM	\$65/\$85 + Materials Fee	ARTS + CRAFTS ROOM	S. WORLEY
CERAMICS: SMALL SCULPTURE - Learn techniques, by hand and on the wheel, to build clay sculptures. Finishes for sculptures will be explored. Students will have completed pieces at the end of the session. Beginning students welcome. Materials fee of \$20 for clay and glaze payable to teacher at first class. No class 4/13.	MV-LA	W	Session 1: 1/12-3/16	9AM-12PM	\$56/\$76 + \$20 Materials Fee	ARTS + CRAFTS ROOM	C. MACPHERSON
	MV-LA	W	Session 2: 3/30-6/8	9AM-12PM	\$56/\$76 + \$20 Materials Fee	ARTS + CRAFTS ROOM	C. MACPHERSON
CREATIVE STITCHERY - You are welcome to bring your own stitchery project, or you might want to learn one of the interesting needlework or crafts being taught. New students are welcome! No class 1/17, 2/21, 5/30.	VOLUNTEER	M	ONGOING	9AM-12PM	FREE	ARTS + CRAFTS ROOM	J. FERREIRA M. VARGAS

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IN CLASS - Register for class with instructor.

ARTS AND CRAFTS CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
DRAWING AND WATERCOLOR - Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition, and detail. Many detailed demonstrations. Seascapes, landscapes, and floral will be emphasized. Materials list available at first class. No class 4/12.	MV-LA	T	Session 1: 1/11-3/15	9AM-12PM	\$55/\$75	ARTS + CRAFTS ROOM	B. DIXON
	MV-LA	T	Session 2: 3/22-6/7	9AM-12PM	\$68/\$88	ARTS + CRAFTS ROOM	B. DIXON
FIGURE AND PORTRAIT DRAWING - This is your opportunity to receive quality instruction while drawing portraits and figures of live, clothed, professional models! Instruction will be individualized; class is open to all levels and abilities. A variety of media will be explored: pencil, charcoal, conte crayon and inks. \$45 model fee payable to instructor at first class meeting. No class 4/14.	MV-LA	TH	Session 1: 1/6-3/10	1-4PM	\$62/\$82 + Model Fee	ARTS + CRAFTS ROOM	K. YOUNG
	MV-LA	TH	Session 2: 3/24-6/2	1-4PM	\$62/\$82 + Model Fee	ARTS + CRAFTS ROOM	K. YOUNG
New! IKEBANA (FLOWER ARRANGING) - Learn the Japanese technique of Ikebana which translates to "living flowers" as you create flower arrangements. This class meets twice a month and is open to anyone who is interested in learning this ancient craft. Students need to provide their own vase, scissors and kenzan (special tool for flower arrangement). No class 1/17, 2/21, 5/30.	VOLUNTEER	Second and Fourth M each month	1/10-6/20	6:30-8:30PM	\$40/month for materials	ARTS + CRAFTS ROOM	S. NAKAMURA
KNITTING AND CROCHETING CLUB - Join this group of knitting and crocheting enthusiasts; create fun projects, and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome.	VOLUNTEER	W	ONGOING	1-3:30PM	FREE	MULTI B	J. BAUMGARDNER
PAINTING CLUB - Open to any senior who paints in oil and acrylic and is looking for a time and place to work with others. A studio atmosphere of mutual support and friendship will be maintained. This is a drop-in club with no formal instruction. All are welcome!!	VOLUNTEER	W	ONGOING	9AM-12PM	FREE	MULTI B	K. KOSHGARIAN

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ARTS AND CRAFTS CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
New! COMMUNITY QUILTMaking (BEGINNING) - Everyone is welcome to drop in on this informal class! Materials will be provided for those who wish to learn how to quilt, and completed quilts will be donated to foster children. If you want to work on your own project, bring your own materials and get tips from our master quiltmaker, Marie!	VOLUNTEER	T	ONGOING	8:30AM-12PM	FREE	MULTI B	M. MCMULLIN
QUILTMaking TECHNIQUES - Students with some quilting experience are welcome. Three projects will be presented. Class members may do all three or choose one or two. Continuing class members may work to finish projects offered in previous classes. Access to a sewing machine between classes is necessary. A materials fee of \$4 is payable to the instructor on the first day of class. No class 2/21, 4/11, 5/30.	MV-LA	M	Session 1: 1/24-3/14	1:30-4PM	\$40/\$60 + \$4 Materials Fee	MULTI B	P. BELLAMY
	MV-LA	M	Session 2: 4/4-6/6	1:30-4PM	\$46/\$66 + \$4 Materials Fee	MULTI B	P. BELLAMY
WOODCARVING: DROP-IN - A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft. No class 1/17, 2/21, 5/30.	VOLUNTEER	M	ONGOING	1-4PM	FREE	ARTS + CRAFTS ROOM	TBA

COMPUTER CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
INTERNET: YOUR CONNECTION TO THE WORLD - Increase and enhance your interactions with others. Explore and research topics that interest you. Create your own personal email account and learn to send and receive messages and greetings. Learn to "surf" the Internet and visit some of today's most popular websites.	MV-LA	M/W	Session 1: 1/31-2/16	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER
	MV-LA	M/W	Session 2: 4/25-5/11	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER
MEET THE PC - Use hands-on activities to learn the basic features and functions of your computer including the mouse, icons, menus, and desktop icons. Explore application programs in word processing, drawing, games, the internet. No class 1/17.	MV-LA	M/W	Session 1: 1/3-1/24	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER
	MV-LA	M/W	Session 2: 3/21-4/6	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER

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IN CLASS - Register for class with instructor.

COMPUTER CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
New! ONLINE SHOPPING: USING CRAIGSLIST AND AMAZON.COM - Craigslist.org is a free, great place to go to buy and sell locally. In this hands-on class, we'll cover the basics for navigating around the site, virtual "window shopping," posting classified ads, safety issues and more. We will also join Amazon.com and explore one of the best sites to safely shop online. No class on 5/30.	MV-LA	M/W	Session 1: 2/28-3/16	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER
	MV-LA	M/W	Session 2: 5/18-6/8	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER
PHOTOSHOP ELEMENTS: MAKE DIGITAL PHOTOS MAGICAL - Learn to edit and enhance photos using tools in Quick Fix and Standard Edit. Bring your digital camera. Owning Photoshop Elements software is very helpful to students and is highly recommended. Prerequisites: Experience using PC computer and some knowledge of digital camera.	MV-LA	T/TH	2/15-3/3	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER
	MV-LA	T/TH	5/17-6/2	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER

DANCE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
BEGINNING SOCIAL DANCE - Ballroom social dance for all levels. This class will teach all kinds of basic popular social dances in variety of ballroom dance styles like waltz, foxtrot, swing, two step, cha cha, rumba, samba, jive, salsa, hustle, etc. This class will not only improve your dance skill and fitness level, but your overall health and happiness as well.	IN CLASS	TH	ONGOING	2:45-4:30PM	FREE	MULTI A	G. CHEN E. JIANG
New! BELLYDANCING- Learn the art of belly dance, and transform your body and mind while exploring your inner feminine mystique. Join Nancy, who has over 25 years of experience teaching and performing belly dance. This fun and free class is designed for all levels.	VOLUNTEER	T	ONGOING	7:15-8:30PM	FREE	DANCE AND MOVEMENT ROOM	N. MIZE

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IN CLASS - Register for class with instructor.

DANCE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CHINESE FOLK DANCING GROUP - The format of this class includes stretch and barre fundamentals followed by Chinese Folk Dance. Anyone can join regardless of prior dance experience. Besides getting in shape, you can also learn about Chinese culture and make new friends. No class 1/17, 2/21, 5/30.	VOLUNTEER	M/W	ONGOING	7-9PM	FREE	DANCE AND MOVEMENT ROOM	P. CHEN
CHINESE FOLK DANCING GROUP - You are warmly welcomed to our group for friendship, joy, happiness and health of our mind and body. We practice Chinese folk dances once a week and do several performances annually.	VOLUNTEER	F	ONGOING	2-4:30PM	FREE	DANCE AND MOVEMENT ROOM	W. TANG
LINE DANCING - Enjoy an hour of line dancing with other line dancers. No partner needed.	VOLUNTEER	F	ONGOING	1-2PM	FREE	MULTI A	M. YOUNG A. YOUNG
SOCIAL DANCE CLUB - This club plays US, Chinese, and South American music from the 50s, 60s, and 70s. The types of dance music include the Cha Cha, Fox Trot, Rumba, Swing, Tango, and Waltz. Come Join our Monday night "Dancing with the Oldies", and dance the night away. No class 1/17, 2/21, 5/30.	VOLUNTEER	M	ONGOING	7-9PM	FREE	MULTI A	D. WU
SQUARE DANCING - Join this lively class for square dance instruction and dancing. All levels welcomed. No partner needed.	VOLUNTEER	F	ONGOING	2:15-3:15PM	FREE	MULTI A	A. KNOPPE
WORKOUT ON BROADWAY: LEVEL I - Tired of the same old exercise routine? Join our "chorus line" as we tap our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Workout attire and leather-soled shoes recommended (no taps). No class 4/12, 4/14.	MV-LA	T/TH	Session 1: 1/4-3/17	2:15-3:30PM	\$72/\$92	DANCE AND MOVEMENT ROOM	M. RIDGWAY
	MV-LA	T/TH	Session 2: 3/22-6/9	2:15-3:30PM	\$75/\$95	DANCE AND MOVEMENT ROOM	M. RIDGWAY

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IN CLASS - Register for class with instructor.

DANCE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
WORKOUT ON BROADWAY: LEVEL II - Tired of the same old exercise routine? Join our "chorus line" as we tap our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Workout attire and leather-soled shoes recommended (no taps). No class 4/12, 4/14.	MV-LA	T/TH	Session 1: 1/4-3/17	1-2:15PM	\$72/\$92	DANCE AND MOVEMENT ROOM	M. RIDGWAY
	MV-LA	T/TH	Session 2: 3/22-6/9	1-2:15PM	\$75/\$95	DANCE AND MOVEMENT ROOM	M. RIDGWAY

ENRICHMENT CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
New! BOOK CLUB - Join the Senior Center Book Club! Enjoy monthly discussions of a chosen book with your fellow seniors. Everyone welcome! Meetings are held second Tuesday of each month.	VOLUNTEER	Second T each month	ONGOING	10:30AM-11:30AM	FREE	CONFERENCE ROOM	R. SALIDO
New! BRAIN GANG - This class focuses on the relationship between emotional wellness and mental acuity. Each week, this participant-driven group will be exploring topics that can impact our overall personal health. From decision-making and communication to gratitude and laughter, each area of discussion will give participants the chance to learn something new about themselves.	VOLUNTEER	T	1/25-6/21	7-8PM	FREE	MEETING ROOM	M. BURKE
CURRENT AFFAIRS - A new Congress gathers. What, if anything, will be done to deal with the major problems we face? What should public policy be regarding long term unemployment, a collapsing infrastructure, etc.? Are we as Americans willing to take action, or do we continue to defer the hard choices to future generations? Can our society be fair to young and old? What should be the goals for America? In California, will new leadership mean a rational budget process? How do we deal with issues such as pension reform, the green revolution, etc.? No class 1/17, 2/21, 4/11.	MV-LA	M	Session 1: 1/10-3/7	1-3PM	\$30/\$50	MEETING ROOM	J. MATHER
	MV-LA	M	Session 2: 3/21-5/2	1-3PM	\$26/\$46	MEETING ROOM	J. MATHER

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IN CLASS - Register for class with instructor.

ENRICHMENT CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
ESL: LITERACY/ BEGINNING LOW - This class is designed for students who have never studied English or for students who can read, write, understand and/or speak simple words and phrases. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. No class 1/17, 2/21, 5/30.	MV-LA	M/TH/F	1/31-6/10	8:45-10:15AM	FREE	MEETING ROOM	H. CHOY
ESL: BEGINNING HIGH - This class is designed for students who can read short articles and write several sentences in English. These students can also speak and understand common English words and phrases. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. No class 1/17, 2/21, 4/11, 4/14, 4/15, 5/30.	MV-LA	M/TH/F	1/31-6/10	10:30AM-12PM	FREE	MEETING ROOM	H. CHOY
ESL: INTERMEDIATE - This class is designed for students who can read and write about familiar situations. These students can participate in conversations about everyday subjects and subjects they are interested in. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. No class 1/10, 1/17, 2/21, 4/11, 4/14, 4/15, 5/30.	MV-LA	M/TH/F	1/31-6/10	8:45-10:15AM	FREE	MULTI B	C. STORCKMAN
ESL: ADVANCED LOW - This class is designed for students who use English independently in most familiar situations. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. No class 1/10, 1/17, 2/21, 4/11, 4/14, 4/15, 5/30.	MV-LA	M/TH/F	1/31-6/10	10:30AM-12PM	FREE	MULTI B	C. STORCKMAN
ENGLISH ADVANCED CONVERSATION - Come join this group to practice your English conversation skills in a relaxed setting.	VOLUNTEER	F	ONGOING	1-3PM	FREE	MEETING ROOM	N. ROSS E. MURRAY

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IN CLASS - Register for class with instructor.

ENRICHMENT CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
MEMOIRS WRITING - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher. No class 4/14.	MV-LA	TH	Session 1: 1/6-3/17	12:30-3:30PM	\$68/\$88	MEETING ROOM	S. HALLORAN
	MV-LA	TH	Session 2: 3/24-5/26	12:30-3:30PM	\$55/\$75	MEETING ROOM	S. HALLORAN
SPANISH CONVERSATION - This class offers lively conversation, small group discussions, oral presentations & current events. No class 4/12.	MV-LA	T	Session 1: 1/11-3/15	12:30-2:30PM	\$49/\$69	MEETING ROOM	A. PILLING
	MV-LA	T	Session 2: 3/22-5/31	12:30-2:30PM	\$55/\$75	MEETING ROOM	A. PILLING
SPEECHREADER (LIPREADING) - Designed for adults with acquired, congenital, or progressive hearing impairment. Includes basic sounds of the English language and how production of basic speech sounds appears on the lips and face of the speaker. Mechanics of the ear and sound will be presented. Physiological problems related to hearing will be discussed as well as some technological solutions. Practical experience in lip reading will be provided.	DEANZA	T	4/5-6/21	9:30-10:50AM	\$38.50	MEETING ROOM	E. MASTMAN

EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
FELDENKRAIS AWARENESS THROUGH MOVEMENT - Improve coordination and quality of movement, leaving excess muscle tension behind. Create relief for your back, neck and shoulders, expand ease of movement, and improve physical habits to achieve better balance, less pain, and more enjoyment. Movements are usually done lying on mats, sometimes sitting or standing. Mats provided. No class 4/15.	MV-LA	F	Session 1: 1/7-3/18	10-11:15AM	\$48/\$68	MULTI A	J. ELVIN
	MV-LA	F	Session 2: 4/1-6/10	10-11:15AM	\$44/\$64	MULTI A	J. ELVIN

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EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
THE JOY OF MOVEMENT - The class sessions include gentle warm-ups, movement, and meditations from yoga; fun activities inspired by dance, theater, music, and art that encourage spontaneity, awaken the senses, and stir the creative imagination; and guided movement improvisations accompanied by energizing, inspiring music. Students are encouraged to move at their own pace; no previous experience is necessary.	VOLUNTEER	First W each month	1/5-6/1	7-9PM	FREE	SOCIAL HALL	R. CANTONI
A LIFETIME OF STRENGTH, ENDURANCE AND FLEXIBILITY - Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. No class 1/17, 2/21, 5/30.	DEANZA	M/TH	1/3-6/30 (multiple sessions)	M 1-2:30PM TH 10-11:30AM	TBA	MULTI A	S. LOHMANN
LOW IMPACT AEROBICS - This class will provide a full cardiovascular workout. Simple steps choreographed to favorite and familiar tunes followed by strength training with free weights. No class 5/31, 6/2, 6/23.	DEANZA	T/TH	Session 1: 4/12-5/19	1-2:20PM	\$60	MULTI A	D. ARNOLD-AMMON
	DEANZA	T/TH	Session 2: 5/24-7/14	1-2:20PM	\$60	MULTI A	D. ARNOLD-AMMON
QIGONG: EVENING - Qigong combines slow graceful movement with mental concentration and breathing to increase strength, balance and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and thus great for even those who are physically limited. This class is not suitable for those who are chronically ill. No class 4/13.	MV-LA	W	Session 1: 1/12-3/16	5:30-7PM	\$51/\$71	MULTI A	L. SIMS
	MV-LA	W	Session 2: 3/23-6/8	5:30-7PM	\$46/\$66	MULTI A	L. SIMS
QIGONG: MORNING - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. It promotes your natural resiliency to stress and illness. We start the class with energy tapping followed by 18 Qigong movements, meridian brush to direct meridian flow. At the end, we practice T'ai Chi.	IN CLASS	TH	ONGOING	10-11:30AM	\$10/month	COMMUNITY CENTER	O. WANG

SIGN UP NOW! Registration Information: It is noted in each column which Adult Education establishment is responsible for specific class registration. See below for specifics for registration.

MV-LA - Three options for registration:

1. Visit Mountain View Los Altos Adult Education (MV-LA) at 333 Moffett Blvd, additional class description information is available through MV-LA.
2. Call (650) 940-1333 with your credit card available.
3. Visit their website to register for this class at www.mvlaae.net.

DEANZA - Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information, you can call (408) 864-5300.

VOLUNTEER - These classes are free and there is no need to register. Please just attend.

IN CLASS - Register for class with instructor.

EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
STRONG FOR LIFE - Strong for Life is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the upper/lower extremities. All exercises are done in either a sitting or standing position using Theraband elastic exercise bands. Pick up the enrollment and physician clearance forms from the instructor.	IN CLASS	T	ONGOING	Section 1: 9:30 - 10:15AM	FREE	DANCE AND MOVEMENT ROOM	M. AHUJA
	IN CLASS	T	ONGOING	Section 2: 10:30 - 11:15AM	FREE	DANCE AND MOVEMENT ROOM	M. AHUJA
T'AI CHI - This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional wellbeing. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout. No class 1/17, 2/21, 5/30.	IN CLASS	M	ONGOING	10:15AM-12PM	\$12/month	MULTI A	O. WANG
T'AI CHI / QIGONG - Designed for disabled students to acquire information about and develop techniques for achieving relaxation by releasing mental and physical tension. No class 5/30.	DEANZA	M	4/11-6/30	2:30-4:30PM	FREE	MULTI A	D. MARRIOTT
New! Wii BOWLING - Learn the basics of the Wii video game system while bowling with fellow seniors in this drop-in class! Haven't bowled in awhile? No worries! No shoe rental, no heavy ball, just fun and wireless remote controls.	VOLUNTEER	T	ONGOING	3:30-4:30PM	FREE	SOCIAL HALL	STUDENT VOLUNTEERS
YOGA, ADAPTIVE HATHA YOGA - This class especially designed for those of us with physical concerns. It offers instruction in the basic Yogic postures, repetitive rhythmical movements, pranayama (breath techniques), deep relaxation and meditation. Focus will be on modification of postures to fit our individual needs while enhancing our strength, flexibility, balance, coordination and calm mind. No class 5/30, makeup 6/1 from 8:30-10:00AM.	IN CLASS	M/TH	4/11-6/30	8:45-10AM	\$120 (2X/week) \$60 (1X/week)	MULTI A	M. ALEXANDER
YOGA, THERAPEUTIC YOGA FOR SENIORS - This class will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, higher energy level and breathing improvement.	VOLUNTEER	W	ONGOING	10-11:15AM	FREE	DANCE AND MOVEMENT ROOM	N. SUBRAMANIAN

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2. Call (650) 940-1333 with your credit card available.
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DEANZA - Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information, you can call (408) 864-5300.

VOLUNTEER - These classes are free and there is no need to register. Please just attend.

IN CLASS - Register for class with instructor.

EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
New! ZUMBA - If you love the rhythms of Latin music and you'd like to dance away your exercise hour - even if you've never danced before - come join the Zumba party. We'll merengue, mambo, samba, tango, salsa and more - all for fun. You won't believe you're exercising, improving your balance, strength, flexibility, and cardiovascular fitness! Wear comfortable, layered clothing and shoes - please, no sandals.	IN CLASS	TH	4/21-7/7	10:30-11:30AM	\$60/\$72.50	DANCE AND MOVEMENT ROOM	C. KENWORTHY

MUSIC CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CHINESE CHORUS - The Evergreen Chorus of Northern California consists of 30-40 Chinese American seniors who love to sing. Chinese classical, popular, and folk songs are practiced once a week and performed at local communities and special events. Come join our group!	VOLUNTEER	T	ONGOING	2:30-4:30PM	FREE	MULTI A	C. ZHOU
CHORUS - Do you like to sing? Join our performing chorus; all abilities welcome! Have fun while learning vocalizing and sight singing techniques in a range of music styles from popular show tunes to light classics. Music fee of \$20 collected at first class. No class 4/13.	MV-LA	W	Session 1: 1/5-3/16	9:30-11:30AM	\$25/\$45 + \$20 Fee	MULTI A	M. RIDGWAY
	MV-LA	W	Session 2: 3/23-6/8	9:30-11:30AM	\$25/\$45 + \$20 Fee	MULTI A	M. RIDGWAY
KARAOKE: DROP-IN - Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are multi-lingual and provided by instructors.	VOLUNTEER	T	ONGOING	1-4PM	FREE	ARTS + CRAFTS ROOM	J. LIANG + C. CHOW
ORCHESTRA, SOUTH BAY COMMUNITY ORCHESTRA - This full senior orchestra is devoted to serving the community by performing at senior centers, retirement homes and rehabilitation centers. Music includes classical and pop styles. If you play an orchestra instrument, join us. For more information, write to sbc-orchestra@earthlink.net . No class 4/13.	MV-LA	W	Session 1: 1/5-3/16	1:15-4PM	\$54/\$74	MULTI A	S. MACY
	MV-LA	W	Session 2: 3/23-6/8	1:15-4PM	\$69/\$89	MULTI A	S. MACY